

# Stress:

## How it affects us & what to do about it

## Harmony & Health

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### Types of stress:

1. "Good" stress often called butterfly stress; a short-lived stress that motivates you to achieve a goal.
2. Bad stress is stress that can actually kill you. Stress is a major cause of illness as well.

### What stress does to us physically:

1. When we are stressed, the first thing that is pulled out of our body is Vitamin C, a beneficial anti-oxidant.
2. Next, the body uses up any store of B Vitamins, and then the trace minerals. Having a good supply of all these nutrients within our body helps keep us on an "even keel".
3. When the adrenals are depleted of nutrients, we become exhausted, or irritable. Often we are extremely fatigued, but can't relax or get the rest we so desperately need. We also lose the ability to think clearly or coherently.
4. Stress causes our autonomic nervous system (the sympathetic in particular) to release hormones, such as epinephrine, norepinephrine and corticosteroids (cortisol). As these hormone levels increase, this causes our body to become more acidic. Too much acid changes the way the protein receptor sites react in the cells, which causes our blood to thicken. These hormones also destroy the elasticity of the blood vessels making them weak, narrow and susceptible to disease.
5. Our stomach suffers as well. In Chinese medicine, there is an emotion tied to each organ and the emotion for the stomach is worry or stress. When we are stressed, we not only eat the wrong foods; but also eat too fast, don't chew our food well and then it can't possibly be digested properly.
6. The next organ affected is the colon. The emotion associated with the colon is control. When we are stressed, we are aware that we can't control something. This may cause symptoms of constipation, diarrhea, gas or bloating. All of these issues prevent us from absorbing nutrients that we need to help keep our body in a balanced state.
7. The physical factors listed above can cause an increase in blood pressure, heart rate, pulse rate, skin conductivity (becoming too sensitive to touch), respiration and others.

### Suggestions for dealing with stress:

1. Take care of your body. Don't skimp on nutrition – this is the fuel to help your body get through these times – eat extra raw fruits and vegetables for more needed nutrients and enzymes. Unfortunately, when stressed, people often turn to sugar and junk food, or even alcohol and drugs. These all add stress to the organs mentioned above and give us even less ability to cope physically.
2. In addition to eating correctly, some helpful herbal supplements, besides **Vitamin C** and **Vitamin B** are: **NutriCalm**, **Stress Relief**, **Stress J**, **Nervous Fatigue**, **Wild American Ginseng**, **Distress Remedy** and **Suma**.
3. Get enough rest.
4. Exercise; such as walking or yoga.
5. Breathe deeply for 5 minutes several times a day.
6. Pamper yourself with a bath. Light some candles, use some fun bubble bath or oils, and just relax.

\*\*Remember, if you don't take time to rest, then your body may force you to take time to rest.\*\*

**Important:** The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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